

# Off Piste



Deb Purss and friend track skiing in Japan earlier this year. See article and other photos inside.

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## Newsletter Contributions

- Photos of trips, lessons, snow country, meetings or social events.
- Reports on tours, lessons and races and CCCSC events.
- Letters to the editor.
- Articles about XC skiing, snow conditions or related topics.
- Items to buy or sell.
- Please send emails to [cccsceditor@gmail.com](mailto:cccsceditor@gmail.com)
- The deadline for the next newsletter is Mon 1 June.

**Membership Subscriptions for the 2015 season are now due**

**Register Now opens on 1 May 2015, via the Club website.**



## Presidents Piece



All around people are preparing for next winter. Lodges are taking bookings. There is a faint swishing of paper as you pass by office blocks as public servants put in leave forms for July and August. Perisher Cross Country is busy doing cross country skiing promotions at events around the region, and is organising a couple of 'come and try' days at the Perisher Cross Country centre. Last but not least, our committee has been laying its own plans for a great season.

Rowan Christie is putting together an entertaining social program this year. Somehow, Rowan, who regularly has his own adventures in the snow, has persuaded Tim McCartney-Snape to come along to one of our meetings, so keep a close eye on the social meetings calendar this year.

Jo-Anne Clancy is working on a beginners' weekend from Friday 10 July with accommodation at Kalkite. Tell people you know who may want to try out cross country skiing about this. Experienced club skiers will be there to teach and guide.

Other events are in the pipeline, so be sure to read our wonderful digital Off Piste in coming months.

And finally wax your skis. You deserve more than the remnants of last year's wax!

*Lachlan Kennedy*  
President

## SnowSports ACT Ski Sale & Expo

**The SNOW SPORTS SALE & EXPO** is on again on Saturday May 9, 2015 at the Old Bus Depot Markets, 21 Wentworth Avenue, Kingston.

The Sale is a great opportunity to Buy or Sell new and preloved snowsports equipment at bargain prices! Local retailers will be selling new and ex hire gear on the day and the community can sell their pre loved equipment as well.

All proceeds from the event go toward supporting our ACT snowsport athletes and events.

The Sale & Expo will be open **8.30am – 1.30pm**.

### INFORMATION FOR SELLERS

Members of the public and snow sports community are invited to sell pre-loved ski and snowboard equipment, including skis, snowboards, boots and winter clothing at our annual sale held in the 2nd weekend of May each year.

Goods to sell are to be dropped off from **12.00pm - 7.00pm on Friday May 8**. The goods are then labelled by our volunteers and put on display for the Sale on the Saturday.

There is a charge of \$2 per item lodged into the sale. SnowSports ACT takes a 25% commission if your goods are sold. You will receive a balance by cheque within 3 weeks of the sale.

Any unsold gear must be collected after the Sale on the Saturday between **3.00pm – 4.00pm**. You can ring the organisers between this time to check that you have goods to be collected.

Money raised goes towards supporting our Junior and Elite Athletes. If you have any further enquires please email the SnowSports ACT office at [info@snowsportsact.com.au](mailto:info@snowsportsact.com.au) or call Wendy on 0422 240 483.

Please be realistic with items you want to sell, older items such as straight skis may be unlikely to sell. Older bindings may be unsafe. Please do not sell damaged items, such as helmets.

We hope to see you there and please spread the word of our event to your school, club, friends, work mates, family, etc!

### ARE YOU ABLE TO VOLUNTEER?

We are looking for Club members to assist at the front door with security on the Saturday, between 8:30am and 1:00pm, and you can nominate your preferred times. If you have a few hours to spare, please respond to Peter Cunningham by email:

[peter.cunningham@actewagl.com.au](mailto:peter.cunningham@actewagl.com.au)





## Touring News

I have taken over as the Touring Coordinator for this year and my main aim is to have the best possible tour program available to members, in particular, increasing the number of tours. I will be happy to receive proposed tours from members at any time, plus I will be chasing people to lead tours. Last year we had a few people leading tours for the first time, which was encouraging. The more tour leaders we have, the greater the variety of tours for members, plus it takes the burden off the usual tour leaders.

The Tour Program, with leaders contact details, will be available in the Members section of the web site under the Touring link, and in the Members version of the Off-Piste newsletter. Between each monthly newsletter, additional tours will be advertised on the Touring link on the website and by separate emails to members. The Club tours will also be listed in the public section of the Club web site and on the Club Facebook page, but without leaders details.

The Facebook page which we created last year has been popular for posting trip reports and photos, showing people what the skiing conditions have

been like at the time, and making more people aware of the Club and our activities. In addition to the trips in the Tour Program, members are welcome to propose new tours on the Facebook page, however they will not be designated as formal club trips.

Tour leaders and participants should make themselves aware of the following ski tour safety and guidance forms which are on the Club website and Facebook page:

- *Advice for Ski Tour Participants*
- *Advice for Ski Tour Leaders*
- *Tour Intention Form*
- *Acknowledgement of Risks and Obligations Form*
- *Medical Information and Emergency Contact Form*
- *Emergency Procedures*
- *Incident Report Form*
- *Tour Grading*
- *Transport Costs*

In the past we used to put out tour sheets at club social meetings where members could put down their names for tours, and propose new tours. This wasn't done last year, but I will try and resurrect this again this year,

which will hopefully get more people out on ski tours.

At the moment there is a tour planned to Mt Kosciuszko in mid June by Ken Moylan, and some tours have already been planned for July, including a series of Sunday afternoon Beginner tours over three weekends in July conducted by Lachlan Kennedy, and two Intermediate day tours and a camping trip being conducted by Steve Warild. If anyone would like to lead tours in June or early July could they let me know at [ccsctours@gmail.com](mailto:ccsctours@gmail.com) by 1 June, so I can include these in the Tour Program which will appear in the next newsletter due out at the beginning of June.

Also, the Club social meeting on 8 July will be focussed on Ski Touring, and will be aimed at informing tour leaders on what is involved in leading tours, and informing new members on how to get onto, and what to expect, on our Club ski tours.

Here's to plenty of snow and a great ski season in 2015.

*Alan Levy*  
*Touring Coordinator*

## Perisher purchased by US ski resort firm Vail Resorts

Crown casino chief James Packer and another private company have sold the Snowy Mountains' Perisher Ski Resort to America's Vail Resorts for \$176.6m.

The sale, by Packer subsidiary Murray Publishers and Transfield Corporate, includes the resort areas Perisher Valley, Smiggin Holes, Blue Cow and Guthega, along with ski school, lodging, food and beverage, retail, rental and transportation operations, the New York stock exchange-listed Vail said.

The deal will need approval from the NSW government.

Perisher, Australia's largest ski resort, holds a long-term lease and licence with the NSW government under the National Parks and Wildlife Act, which expires in 2048 with a 20-year renewal option.

Mr Packer's private company, Consolidated Press Holdings, inherited 75 per cent of Perisher in 1972 when it acquired Perisher Smiggins and the Perisher Hotel through its purchase of Murray Publishers.

Perisher's season pass, which goes on sale this week at \$749, will now include access to Vail resorts with

unlimited skiing at Breckenridge, Keystone and Arapahoe Basin in Colorado, Park City and Canyons in Utah and Heavenly, Northstar and Kirkwood in the Lake Tahoe area of California and Nevada, subject to traditional holiday restrictions.

"This acquisition is part of Vail Resorts' continued strategy to drive season-pass sales and build loyalty with guests from around the world," said Rob Katz, Vail's chief executive.

"Australia is one of the most important international markets for ski resorts across the Northern Hemisphere, generating an estimated more than one million skier visits annually to resorts in North America, Japan and Europe.

"We see this as a groundbreaking acquisition that will dramatically enhance the connection between our company and Australian skiers and riders. We also see the acquisition as a natural fit, as Perisher is the Australian leader in innovation and guest experience — both hallmarks of Vail Resorts."

Vail says Perisher season pass holders are being offered an "unprecedented opportunity" by combining unlimited

skiing from June through to October at Perisher, with season-long skiing, from November through to April, at nine of the best mountain resorts in the United States.

"Our company looks forward to welcoming an even greater number of Australian guests to our domestic resorts to showcase the incredible experience we provide," Mr Katz said.

In its quarter ended in January, the Broomfield, Colorado-based company said earnings nearly doubled on stronger revenue thanks in part to growth in season-pass sales.

Vail expects to close the deal in its quarter ending in July and sees Perisher generating incremental resort-reported earnings before interest, taxes and depreciation of approximately \$US16 million during its first 12 months of operation following the acquisition.

Last September, Vail acquired Park City Mountain Resort in Utah for \$US183 million.

*The Australian*  
*31 Mar 15*



## Konnichiwa! - Track skiing in Japan – Hakuba, Myoko Kogen & Minamihara, Nozawa Onsen

You'll be saying hello to lots of friendly Japanese cross country track skiers if you can add this to your travel list. While finding information on these destinations was a challenge at times, we had lots of assistance from very helpful hotel staff. Thanks to them, we were able to visit four xc track skiing destinations in Hakuba, Myoko Kogen and Nozawa Onsen (all in the Nagano Prefecture, Honshu) during January and February 2015. Not only do these destinations have wonderful, scenic alpine skiing, fabulous food, hot springs, a zillion varieties of ice-cream crepes and LOTS of snow, they have great xc track skiing as well.

**Snow Harp, Hakuba** – ski like an Olympian at Snow Harp – one of the venues for the 1996 Winter Olympics in Nagano.

### Fast facts:

Where: approximately 8km from the Happo Information Centre in the Hakuba Valley.

Transport: unfortunately you'll need to take a taxi – about \$40 AUD each way (depending on where you stay, current exchange rate etc).

Tracks: 3 courses, approximately 5km. Easy, moderate and hard. And the stadium!

Grooming: twice a day, conditions permitting

Facilities: common room, hot water (for soup, hot drinks), vending machines for drinks, change rooms.

Telephone: 0261 75 3934

Cost: 300 yen each (about \$3-4)

**Iwatake, Hakuba** – situated next to the alpine resort. **Fast facts:**

Where: approximately 5km from the Happo Information Centre in the Hakuba Valley

Transport: Yay! You can catch the shuttle bus

Tracks: 3 courses, 1km, 3km, 5km

Grooming: daily, conditions permitting

Facilities: no facilities that we could find. But you can rent a locker from the alpine resort shop and use their change room.

Close to good restaurants.

Telephone: 0261 72 6788

Cost: free

**Myoko Kogen** – **Fast facts:** Ski Japan's longest ski run at Suginojima Resort .... 8.5km! And, on a clear day, you can see Mt Fuji.

Where: approximately 5km the alpine resort of Akakura Onsen

Transport: our hotel was kind enough to drop us off and pick us up!

Tracks: 2 courses, 3km & 5km. And a small, beautifully groomed stadium!

Grooming: daily, conditions permitting

Facilities: No facilities that we could find. The staff at the local council office were extremely welcoming and let us use their lunch room! Public toilets are close by.

Cost: free

NB there is another xc venue at Kurohime with 3.5km and 5km tracks. We didn't have time to visit, but you can catch a train from Myokokogen Station to Kurohime and then a taxi to the tracks.

**Minamihara, Nozawa Onsen** – **Fast facts:** Amazing engineering feats keep the streets and pavements free of snow with gently flowing hot spring water! Visit one of 13 or so public onsens and delight in the atmosphere of its historic, traditional village centre.

Where: close to the Karasawa P2 parking area (at the southern end of Nozawa Onsen)

Transport: if your accommodation is at the Karasawa end of the village you can walk. Otherwise it will be short taxi ride or you could catch the shuttle bus to Karasawa.

Tracks: just the 5km track when we were there

Grooming: twice daily, conditions permitting

Opening hours: 9.30am – 12pm and 1.30pm – 4.30pm

Facilities: heated common room, open lockers

Cost: 500 yen each (about \$5.50)

### Links

It is a difficult to find reliable information on XC track skiing that are in English, but here's a few links to get you started:

Hakuba – Iwatake - <http://www.hakuba.jp/iwatake/en/snow.html>.

Hakuba – Snow Harp - <http://www.shinmai.co.jp/oly-eng/kaijo/harp.htm/>

Myoko Kogen - <http://myokokogen.net/backcountry/>. Some information may not be up-to-date. Our hotel helped us find the tracks in Myoko Kogen.

Minamihara, Nozawa Onsen: I couldn't find a good website but try this as a start -

<http://www.nozawaski.com/winter/en/hotspring.php>. You may need to ask your hotel for advice. I'd suggest take a walk to find the venue and ask questions before you ski. Despite this being an Olympic venue, the tourist information office didn't know about Minamihara on the day I asked. Try calling the Nozawa Ski School for info – 0269 85 2633.

### Maps

I have trail maps of all of the above and would be happy to email them to you if you're interested. Just let me know.

*Deb Purss*



Beautiful tracks through the forest at Minamihara. Photo: Deb Purss



Minamihara — joy, it really was a fabulous day. Photo: Deb Purss

70+ years old and still powering up those hills at Snow Harp.  
Photo: Deb Purss



Myoko Kogen — fun! Photo: Deb Purss



Minamihara — The tracks wind their way through the forests behind. Photo: Deb Purss



## ANNUAL MEMBERSHIPS EXPIRE MAY 1st

### Ski fever is here!

But what's this....your annual membership has already expired or will expire as of May 1st!

To ensure that you continue to receive the many benefits associated with being in the

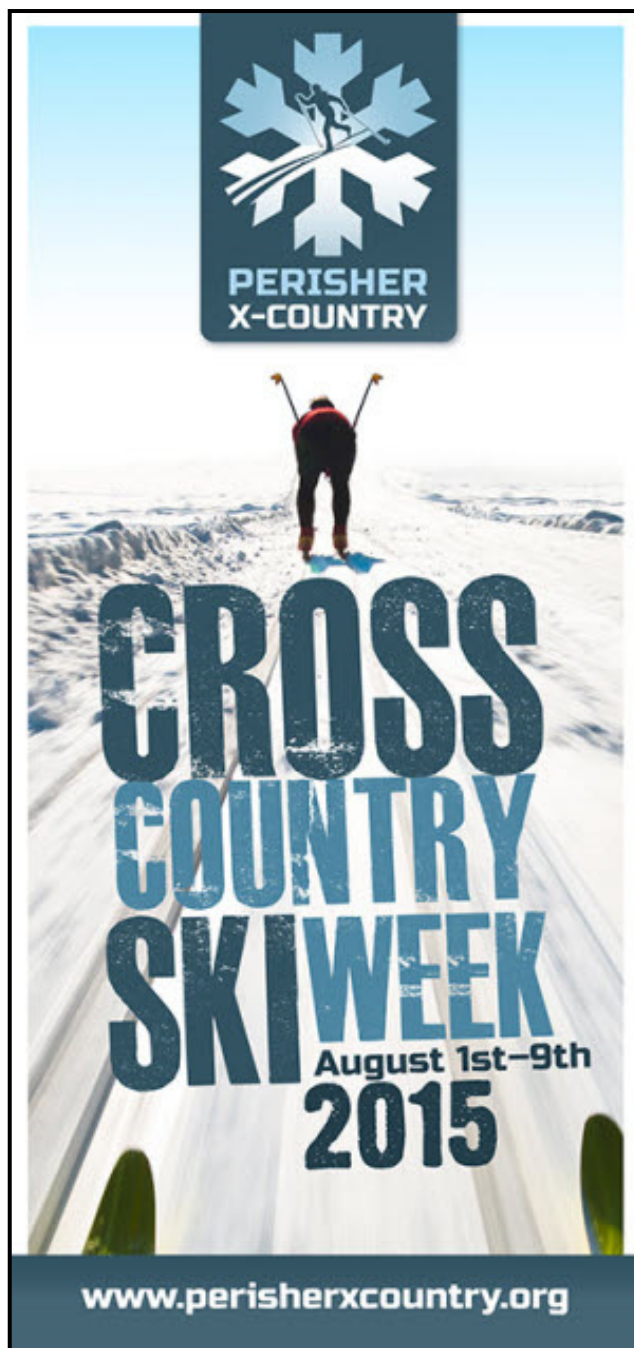
Canberra Cross Country Ski Club, we recommend that you renew your membership as soon as possible. You may do this by:

- Paying via credit card on the Register Now site at
- <https://www.registernow.com.au/secure/Register.aspx?E=15472> or link on Club web site.
- Sending a cheque to the address on the membership form, or
- Paying in cash at the club meetings on the second and fourth Wednesday of every month from May to September. The first meeting will be held on 27th May at the Scout Hall, Haig Park, 5 Masson St, Turner. The doors open at 7:30pm — and the meeting starts at 7:45pm.

Membership of the Canberra Cross Country Ski Club offers many benefits, including:

- Discounted lodge weekends at the snow fields
- Discounted ski lessons with accredited coaches
- 10% club discount on ski and hire gear at select outlets
- Regular social events and information nights
- Access to car pooling
- Newsletter
- Google groups membership with rapid updates on impromptu ski trips
- Weekly club tours, and
- Sports insurance coverage

We're looking forward to catching up with you again!



## NSW XC Citizen Ski Races — 2015

Sun 28 Jun	Clean out the Cobwebs	Perisher
Sat 4 Jul	Clean out the Waxbox	Perisher
Sat 1 Aug	KCros Tour	Smiggin Holes
Sun 2 Aug	Boonoona Open	Perisher
Mon 3 Aug	Charlotte Pass Open	Charlotte Pass
Mon 3 Aug	NSW Night Relays	Perisher
Wed 5 Aug	KAC XC Classic	Perisher
Thur 6 Aug	Sundeck Handicap	Perisher
Sat 8 Aug	Snowy Mountains Classic	Perisher
Sun 30 Aug	Kosciuszko Tour	Perisher



Two time successful Everest mountaineer Tim Macartney Snape will be the guest speaker at our Club social meeting on Wed 24 June, talking about specialist outdoor and skiing equipment.

# Weekend for beginners and families

Friday 10 July - Sunday 12 July

Join other members of the Canberra Cross Country Ski Club for a weekend all about learning how to cross country ski. Families, singles, couples – everyone is welcome.

Accommodation is in Kalkite (7 Banksia Avenue) which is approximately 45 minutes from Perisher and 15 minutes from Jindabyne town centre. Accommodation costs are \$50 per adult and \$30 per child under 18 for Friday and Saturday night. Bring your own food and linen.

To book your spot contact Jo-Anne Clancy at [cccscracing@gmail.com](mailto:cccscracing@gmail.com)

Add a lesson/s with [K7 Adventures](#) and spend the afternoons on fun ski tours with experienced members. K7 also provide private lessons to family groups on request (contact Acacia - [k7skischool@gmail.com](mailto:k7skischool@gmail.com)).

Book your lessons here at: <https://www.registernow.com.au/secure/Register.aspx?E=8503>

Date	Lessons available
Saturday 11 July	Basic Skills - Half Day AM – 9.30-12pm (\$50 pp)
Saturday 11 July	Basic Skills Downhill - Half Day PM – 1pm-3.30pm (\$50 pp)
Saturday 11 July	Intermediate Skills - Full Day 9.30am- 4pm (\$70 pp)
Sunday 12 July	Telemarking for beginners - Full Day 9.30am- 4pm (\$70pp)

(Continued from page 13)

## STEEPER SKI SKILLS

### K7 Adventures – 9.30am-4pm

Prerequisites are Basic Skills Plus and Basic Skills Downhill. Location will be advised closer to the lesson date, slopes will be at the high end of blue.

- Backcountry skiing – tips and tricks
- Learn how to ascent, traverse, descend and recover on steeper slopes

Minimum group size of 6 or price by negotiation.

## TELEMARKING AT CHARLOTTE PASS

### Mountain Adventure Centre (full day)

Date in August and costs to be advised. Full Day Package (includes instruction, lift pass & lunch). Caters for those with basic to intermediate skills on steep terrain.

## PRE KOSCI TOUR RACE CLINIC (classic and skate)

### K7 Adventures (9.30am-12pm)

Prerequisites are Basic Skills Plus and/or Introduction to Skating (or equivalent). Hone your skills for this popular citizen race.

Minimum group size of 6 or price by negotiation.

### What skis should beginners hire?

Light track skis (preferably “racing skis” with NNN or Salomon Profil bindings). Please do not bring backcountry or telemark skis. Learning on light track skis refines your balance and skiing skills and you’ll be able to ski on anything!

## Norway Skiing Photos — March 2015



Nice ski conditions after  
overnight snow.  
*Photo: Margaret Mahoney*



Lake Gjende  
*Photo: Margaret Mahoney*

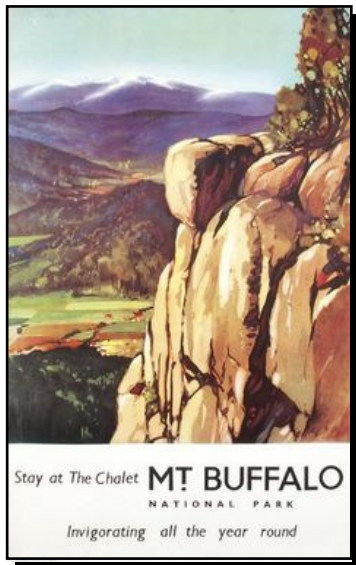
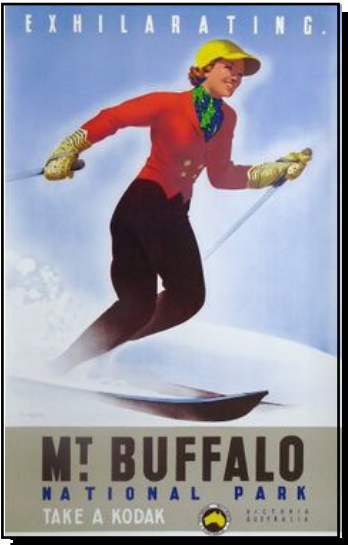


Birch sticks to guide our way.  
*Photo: Margaret Mahoney*



# Travel Posters

A selection of old travel posters covering the Australian Alps.



## Old Photos (from [www.trove.nla.gov.au](http://www.trove.nla.gov.au))



Car on the summit of Mt Kosciuszko — 1949



What next ?



View of the Guthega Dam site on the Snowy River — 1950.



Aircraft at Geehi airstrip, with the Main Range behind — 1959.

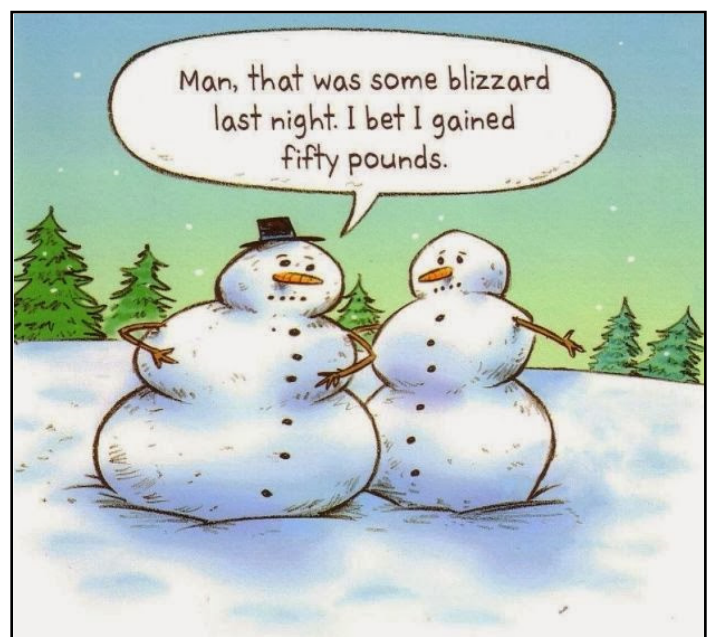
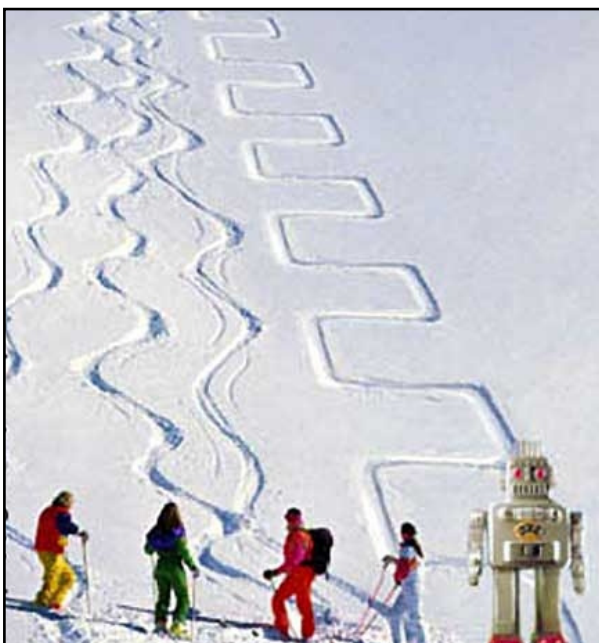
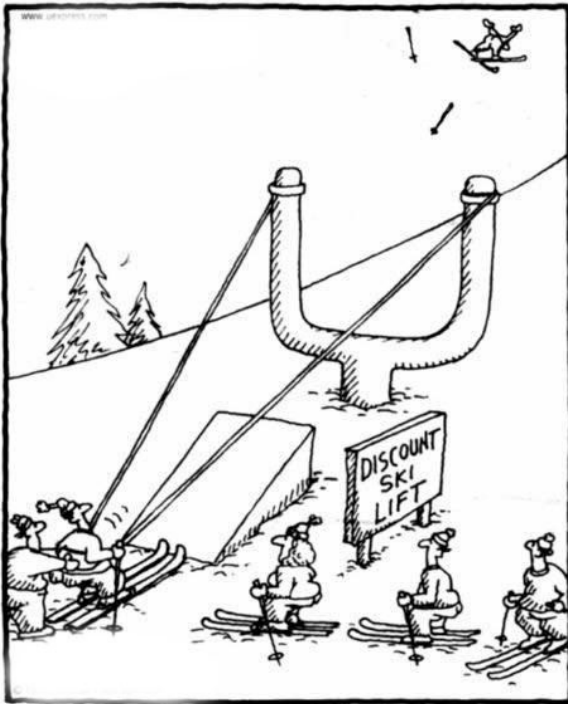


Bella Vista township in the Geehi Valley — 1965.  
Watsons Crags and the Main Range behind.



First Government tourist party on Mt Kosciuszko — 1898.







# Cross Country Skiing Lessons 2015

## Lessons at a glance

Date		Instruction
June	Saturday 13	Tour Leadership Skills — Full Day — 9am-4pm (free for members who would like to lead club tours)
	Saturday 27	Basic Skills - Half Day AM — 9:30am-12pm (\$50pp)
	Saturday 27	Basic Skills Downhill - Half Day PM — 1pm-3:30pm (\$50pp)
July	Saturday 4	Basic Skills Plus - Full Day — 9:30am-4pm (\$70 pp)
	Fri 10 — Sun 12	Kalkite weekend for beginners and families (accommodation costs \$50 pp) <b>(see note 1)</b>
	Saturday 11	Basic Skills - Half Day AM — 9:30am-12pm (\$50 pp)
	Saturday 11	Basic Skills Downhill - Half Day PM — 1pm-3:30pm (\$50 pp)
	Saturday 11	Intermediate Skills - Full Day — 9:30am-4pm (\$70 pp)
	Sunday 12	Telemarking for beginners - Full Day — 9:30am-4pm (\$70pp)
	Saturday 18	Basic Skills Plus - Full Day — 9:30am-4pm (\$70 pp)
	Sunday 19	Introduction to Skating - Half Day AM — 9:30am-12pm (\$50pp)
	Saturday 25	Intermediate Skills - Full Day — 9:30am-4pm (\$70 pp)
	Mon 27 – Wed 29	3 day development course (\$210) <b>(see note 1)</b>
	Friday 31	Race Training Skills Improvement (classic and skate) - Half Day AM — 9:30am-12pm (\$50pp) (Race week is 1-9 August)
Aug	Saturday 1	Snowcraft and survival skills - Full Day — 9:30am-4pm (\$70pp – possible extra costs for overnight snow camping - contact K7 for price)
	Sunday 2	Steeper ski skills - Full Day — 9:30am-4pm (\$70pp)
	Saturday 29	Pre Kosci Tour Race Clinic (classic and skate) - Half Day — 9:30am-12pm (\$50pp) (Kosci Tour is Sunday 30 August)
	Date to be advised	Telemarking at Charlotte Pass – Full Day (cost tba) <b>(see note 2)</b>

## The fine print and how to book

- Lessons will only be run if there will be 6 or more participants.
- Bookings should be made by 5pm on the Wednesday before the lesson if possible, however they will still be accepted after Wednesdays (this helps with planning instructors etc).
- There might be times when, because of a lack of snow, you will need to catch the ski tube to Blue Cow to attend a lesson. You will have to pay for the ski tube, so make sure you carry the fee with you. For more information and ski tube prices go to <http://www.perisher.com.au/resort-information/getting-to-perisher/skitube.html>.
- Lesson locations are subject to change depending on conditions.

**K7 Adventures.** provide instruction for most lessons - [www.k7adventures.com](http://www.k7adventures.com) or phone 0421 862 354.

**Mountain Adventure Centre.** provide the instruction for the one day telemarking at Charlotte Pass in Aug - [www.mountainadventurecentre.com.au](http://www.mountainadventurecentre.com.au) or phone 1800 623 459.

**Map to Perisher Nordic Trails.** Most lessons are based at the Perisher Nordic Trails. The trails are across the road from the main Perisher Centre and Car Park. This link provides directions and a map to help you find the trails. <http://www.k7adventures.com/ACCESS%20TO%20PERISHER%20NORDIC%20SHELTER.pdf>

**Kosciusko National Park Entry Fee.** You will need to pay a park entry fee. For up to date information on fees go to: <http://www.environment.nsw.gov.au/NationalParks/parkFeesConditions.aspx?id=N0018>

**Transport & Parking.** Car pooling: CCCSC coordinates transport but cannot guarantee a lift on every occasion. You can post a message on the Club's Google Groups site to car pool. The link to the CCCSC Google Group is: <https://groups.google.com/group/cscsc?hl=en> A contribution to costs will be required. Buses are an option: Murrays - [www.murrays.com.au/](http://www.murrays.com.au/) or Transborder - [www.transborder.com.au/](http://www.transborder.com.au/) Parking is free inside Kosciusko National Park.

**Make a Booking!** For all bookings (except Telemarking at Charlotte Pass) go to <https://www.registemow.com.au/secure/Register.aspx?E=8503>

**Questions?** email Canberra Cross Country Ski Club's Training Coordinator - [ccscctraining@gmail.com](mailto:ccscctraining@gmail.com)

**Note 1:** Contact Deb for more information and/or enrolments on this program.

**Note 2:** Enrolments for the full day Telemarking at Charlotte Pass course are managed by Paul Krebs. Contact Paul for more information on this popular day of instruction with the Mountain Adventure Centre.

## TOUR LEADERSHIP SKILLS

### K7 Adventures

Learn the skills required to lead a group in the alpine environment. The club will pay the costs for your professional instruction. Numbers are limited so book early! At the Perisher Nordic Trails.

### NEW for 2015! Weekend for beginners and families Friday 10-Sunday 12 July

Join with other members for a weekend all about learning how to cross country ski. Families, singles, couples all welcome. Accommodation is in Kalkite approximately 45 minutes from Perisher. Costs \$50 per adult and x\$30 per child under 18 for Friday and Saturday night. Self catering and bring your own linen. Add your lesson/s and spend the afternoons on fun ski tours with experienced members. K7 can also provide private lessons to family groups on request. The perfect introduction to this fabulous sport!

## BASIC SKILLS (CLASSICAL TECHNIQUE)

### K7 Adventures 9:30am-12pm

Caters for absolute beginners who have never been on skis before. Learn basic techniques and survival skills on easy terrain at the Perisher Nordic Trails.

- Introduction to cross country skiing including equipment
- Falling and recovering
- Side-stepping
- Diagonal stride
- Herringbone
- Star turn
- Intro to snow-plough

Minimum group size of 6 or price by negotiation.

## BASIC SKILLS DOWNHILL

### K7 Adventures 1pm-3:30pm

Builds on the skills covered in Basic Skills and Basic Skills Plus on moderate terrain at the Perisher Nordic Trails.

- Balance
- Step turn
- Snow plough

Minimum group size of 6 or price by negotiation.

## BASIC SKILLS PLUS (CLASSICAL TECHNIQUE)

### K7 Adventures 9:30am-4pm

This lesson builds on the skills covered in Basic Skills and Basic Skills Downhill on moderate terrain at the Perisher Nordic Trails.

- Balance
- Glide
- Moderate downhill
- Traversing
- Kick turn
- Self arrest
- Double pole
- Snow-plough and snow plough turn.

Minimum group size of 6 or price by negotiation.

## INTERMEDIATE SKILLS (CLASSICAL TECHNIQUE AND INTRODUCTION TO SKATE TECHNIQUE)

### K7 Adventures 9:30am-4pm

This lesson builds on the skills covered in Basic Skills, Basic Skills Plus and Basic Skills Downhill on steeper terrain at the Perisher Nordic Trails.

- Step-turn
- Stem Christie
- Telemark
- Bumps & Dips
- Introduction to skating
- Double pole stride

Minimum group size of 6 or price by negotiation.

## TELEMARK FOR BEGINNERS

### K7 Adventures 9:30am-4pm

Prerequisites for this course are basic alpine or cross country skiing skills, able to snow plough and do snow plough turns on easy terrain at the Perisher Nordic Trails.

- Introduction to telemark skiing including how to use the equipment
- The new telemark progression
- Stationary exercises and telemark stance
- Balanced telemark movement straight running
- Lead change and changing edges
- First turns & Linked telemark turns

Minimum group size of 6 or price by negotiation.

## INTRODUCTION TO SKATING

### K7 Adventures 9:30am-12pm

Aimed at skiers who have no or limited experience of skate technique - an easy introduction: Prerequisite is Basic Skills Plus (or equivalent).

- Strengths & limitations of classical and skate skiing
- Balance & skate skiing
- Position, momentum, rhythm
- Skating without poles
- Introduction to pole technique
- Basic skating with poles

Minimum group size of 6 or price by negotiation.

## 3 DAY DEVELOPMENT COURSE

### K7 Adventures 9:30am-4pm

Preferred (but not essential) prerequisites are Basic Skills and a reasonable to good level of fitness. The course will be based at the Perisher Nordic Trails and cover all terrain. An off-trail Nordic tour may be included.

- Introduction to Instructors & course overview
- Refresh basic and intermediate skills
- Nordic Trail fitness training
- Cornering
- Pole technique and timing for Classical Skiing
- Movement analysis
- Relay races as a method to improve skills
- Introduction to Skate Skiing and/or refresher for skate skiing
- Using the 'gears' in skate skiing
- Introduction to and refresher for race techniques
- Off piste and on piste nordic skiing

Please register your interest by sending an email to Deb

[dpurss@gmail.com](mailto:dpurss@gmail.com).

Minimum group size of 6 or price by negotiation.

## RACE TRAINING SKILLS IMPROVEMENT

### (classic and skate) K7 Adventures 9:30am-12pm

Aimed at skiers with Basic Skills Plus and/or Introduction to Skating (or equivalent).

- Develop & refine your skating & classic techniques
- Maintaining rhythm
- Pacing and using gears properly
- Hill climbing techniques
- Cornering techniques
- Managing snow conditions: icy, crusty, sketchy, deep powder, sloppy
- Waxing

Minimum group size of 6 or price by negotiation.

## SNOWCRAFT AND SURVIVAL SKILLS K7 Adventures 9:30am-12pm

This course caters for all levels and takes place on moderate terrain. Location will be advised closer to the lesson date.

- Snow Skills
- How to build emergency snow shelters
- Overnight stay in a snow shelter (optional)

Possible extra costs for overnight snow camping - contact K7 for price.

(Continued on page 7)

## Club Committee Contacts

President Lachlan Kennedy	cccscpresident@gmail.com
Vice President Vacant	cccscvicepresident@gmail.com
Secretary Bruce Porter	cccscsecretary@gmail.com
Treasurer Paul Room	cccsc treasurer@gmail.com
Membership Secretary Gale Funston	cccscinfo@gmail.com
Tour Coordinator Alan Levy	cccsc tours@gmail.com
Instruction Coordinator Deb Purss	cccsc training@gmail.com
Kosciusko Tour Coordinator Jo-Anne Clancy	cccsc racing@gmail.com
Meeting Coordinator Rowan Christie	cccsc meetings@gmail.com
Newsletter Editor Alan Levy / Tony Brown	cccsc editor@gmail.com
Webmaster Ken Moylan	cccsc webmaster@gmail.com



CANBERRA CROSS  
COUNTRY SKI CLUB

P0 Box 6234  
O'Connor ACT 2602

Email: info@cccsc.asn.au

Fun and fitness in the snow



### Club Snow Camping Gear for hire

The following gear which is owned by the Club is available for hire to Club members. These prices are cheap. The commercial hire charge for a 2-person tent is \$45 per week-end.

**Tent** (Macpac 3-4 person) - \$20/weekend ; - \$30/week

**Trangia stove** - \$3/weekend; - \$5/week

**Snow shovel** - \$4/weekend; - \$6/week



### Club Safety Gear for use by Tour Leaders

The Club has two Personal Locator Beacons (PLB), two GPS units and some first aid kits which are available free of charge to members leading Club ski tours.

**PLB** (GMEMT410G)

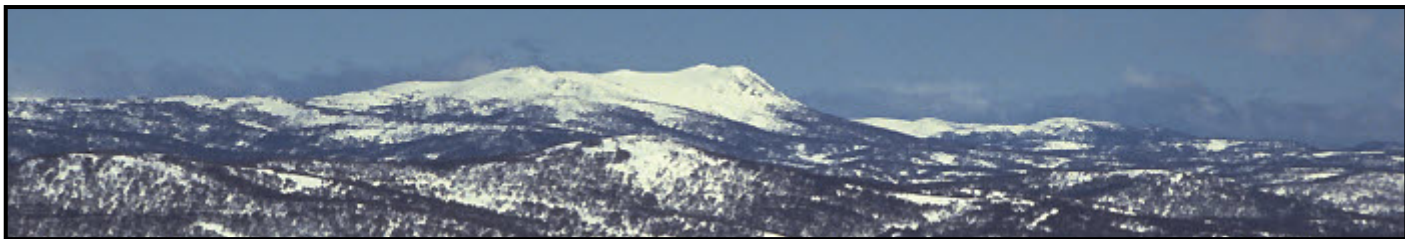
**Contact** Alan & Jo-Anne

**GPS** (Garmin Etrex Vista HcX)

**Contact** Alan & Jo-Anne







## Social meetings 2015 — all welcome

**Wednesday 27 May 2015**

### **Skiing on the Main Range**

**Guest Speaker: Michael Law-Smith**

The first social meeting of the season, where experienced back country skier Michael Law-Smith will talk about skiing on the Main Range including some skiing history from the 1950's.

**Wednesday 10 June 2015**

### **Canberra Cross-Country Ski Club Open Night**

The club will open its doors to the public. Several club members will provide advice on the range of activities and other benefits the club offers. A range of equipment will be displayed. All club members are encouraged to attend to help promote our club. Wayne Petherbridge will also provide an update on the Perisher Cross Country Trails and what's planned for 2015. A Gear Sale will also be held for those wanting to sell or buy second hand skiing gear.

**Wednesday 24 June 2015**

### **Equipment and Clothing**

**Guest Speaker: Tim Macartney Snape**

Two time successful Everest Mountaineer Tim Macartney Snape will talk about specialist outdoor and skiing equipment. Tim has an importing and manufacturing company called Sea to Summit, named after his second ascent of Everest from the Bay of Bengal in 1990.

**Wednesday 8 July 2015**

### **Ski Touring & Safety**

This meeting will focus on Club ski touring, including providing information to members on everything they need to know about club tours and what to expect on a tour, and will also provide guidance to members interested in leading ski tours.

**Wednesday 22 July 2015**

### **Antarctica**

**Guest Speaker: Bernadette Hince**

Bernadette Hince, from the Australian National Dictionary Centre ANU, has travelled to Antarctica and the sub-Antarctic islands and will talk about her experiences in this fascinating part of the world. She has also written the First Antarctic Dictionary!

**Wednesday 12 August 2015**

**Guest Speaker: Stephen Curtain**

Stephen Curtain — skier, educator, film-maker & environmentalist. Hear his story of travel and occasional folly from Antarctica to Russia.

**Meetings are held at the Turner Scout Hall, 5 Masson St, Turner, Canberra (adjacent to Haig Park) on the 2nd and 4th Wednesday of every month from mid May to October. Door opens at 7.30 pm for 7.45 pm start. Light refreshments will be provided.**